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Naval Service Medical News (NSMN) (96-09)
7 March 1996

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HEADLINE: Area Military Mobilizes to Save Young Leukemia Victim
BUMED Washington (NSMN) -- On 11 March, the Bureau of Medicine and Surgery will hold the latest of several Navy Bone Marrow Donor Registry Drives. In the Bureau's historic Building 2, in the same room where the moons of Mars were discovered over a hundred years ago, area military and civilian personnel will try to help modern medicine discover a bone marrow match for 6-year-old Kiki Hernandez.

The son of QM1 Angel Hernandez was diagnosed with leukemia in December of 1993 and was medevac'd to the National Naval Medical Center in Bethesda, MD, where he has been under treatment ever since.

Kiki's cancer went into remission after two years, with only one more year of chemotherapy to go, when his condition inexplicably worsened this past December. Now classified as acute, the current concern is keeping him alive until a donor is found.

It takes only five minutes and less than a pint of blood to register with the National Bone Marrow Registry. But it takes between 10,000 and 20,000 specimens to find a match with an unrelated donor. The best chance of a match, outside of blood relations, is with someone of similar ethnicity. Unfortunately, the pool of potential donors from minority groups is much smaller, lessening the probability of a match.

Kiki's entire family has registered; unfortunately none was a match, but they may be for someone else. "You never know when this disease may touch someone in your life," said Kiki's father.

His mother's eyes were wet as she expressed it more personally. "If you get on the National Registry and are found to be a match," said Legna, "you are going to save the life of my son."

Until a match is found, however, all the Hernandez's can do is wait. And hope Kiki lives until he can receive a transplant.

If you're in the area 11 March, stop by BUMED at 2300 E Street in Northwest Washington, DC, between 0700 and 1100. For more information on how you can get on the National Bone Marrow Registry, contact your local military medical treatment facility or call the Bill Young Marrow Donor Center at 1 800 MARROW-2 (1 800 627-7692) or (301) 718-7800.

Story by Teal Ferguson, National Naval Medical Center Bethesda

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HEADLINE: 'Breast Care Center' Opens at NNMCM Bethesda

NNMCM Bethesda, MD (NSMN) -- Every 11 minutes, a woman dies of breast cancer and every three minutes another woman is diagnosed. At the National Naval Medical Center in Bethesda, the newly opened Breast Care Center will set the standard for breast cancer care.

A woman diagnosed with breast cancer has to see many different specialists: physicians, surgeons, radiologists, social workers and physical therapists are usually the main list. At the Breast Care Center, two additional specialists have been added: patient service representatives (PSRs) and nurse case managers (NCMs). PSRs are administrative workers who check patients in and out for appointments and answer any questions about those appointments the patient may have. Each patient has a personal nurse case manager who tracks her case from beginning to end.

The Breast Care Center is focused on helping the patients and family members get through the emotionally bumpy road of breast cancer as smoothly as possible. The center is one of many steps to move toward a total wellness program in health care for women in the military. It will provide the best possible treatment and education for active duty women, wives and family members. It will also provide on-going information to a comprehensive data base that will be implemented from the center's research, enabling the military to work on new ways of early detection and treatment of breast cancer -- the only sure way to increase the number of women who survive breast cancer. Story by JOSA Jerome A. Pollos, National Naval Medical Center Bethesda

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HEADLINE: BUMED Sailor of the Year Selected

BUMED Washington (NSMN) -- Congratulations to DT1 Gregory Storch of the Naval School of Dental Assisting and Technology, San Diego, who was announced as BUMED's Sailor of the Year by Force Master Chief HMCM(SS) Michael Stewart in a ceremony at the

Bureau of Medicine and Surgery 6 March. Storch will now compete at the next level, which is Chief of Naval Operations' Shore Sailor of the Year.

Navy Surgeon General VADM Harold M. Koenig, MC, presented Navy and Marine Corps Achievement Medals to runners up HM1 Norman Watson of the Naval Ophthalmic Support and Training Activity, Yorktown, VA, and HM1 Michael Bish from the Navy Environmental and Preventive Medicine Unit-6 in Pearl Harbor. Koenig praised the achievements of all three Sailors and commended their dedication to the Navy and to health care.

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HEADLINE: SOY Corpsmen Now Vying for CINCPACFLT Sailors of Year
MARFORPAC Camp H.M. Smith, HI (NSMN) -- The Marine Forces Pacific recently announced their Sea and Shore Sailors of the Year. Congratulations to Sea Sailor of the Year HM1(SW/AW/FMF) William D. Suyat of the 1st Marine Division and to Shore Sailor of the Year HM1(FMF) Manuel J. Barcelona Jr. of Naval Hospital Twentynine Palms, CA. Suyat and Barcelona are now being considered as Sea and Shore Sailors of the Year for Commander in Chief Pacific Fleet.

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HEADLINE: Corpsman Selected as GROUP TEN Shore SOY
NMCL Kings Bay, GA (NSMN) -- HM1(SS/FMF) Patrick T Delly, Naval Medical Clinic Kings Bay's Sailor of the Year, has been named the Commander Submarine GROUP TEN Shore Sailor of the Year. Delly, an independent duty corpsman, joined the Navy 15 years ago and currently serves as head, Education and Training at NMCL Kings Bay.

Delly said that "he was extremely proud and honored to represent GROUP TEN at the next level of competition." He will travel to Norfolk this month to compete for the title of Commander, Submarine Force, U.S. Atlantic Fleet Shore Sailor of the Year. Good Luck HM1 Delly!

Story by CDR D.E. Garner, MSC, Naval Medical Clinic Kings Bay

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HEADLINE: Corpsman Selected as Naval Training Center's SOY
NAVHOSP Great Lakes, IL (NSMN) -- HM2(SW) David T. Repking, who entered the Navy in 1989 with a General Education Diploma (GED), has achieved recognition as the top Sailor in his area. First selected as 1995 Sailor of the Year for Naval Hospital Great Lakes, he went on to be selected as Naval Training Center, Great Lakes, Sailor of the Year.

Repking competed against six first class petty officers from commands at the Training Center. He will go on to represent NTC Great Lakes at the CNET Sailor of the Year competition next month.

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HEADLINE: Staff Corps Captain Boards Convened

BUPERS Washington (NSMN) -- Staff corps O-6 selection boards convened 26 February 1996. The following statistics on Navy

Medical Department corps are provided by the Bureau of Naval Personnel.

-- Medical Corps: 53 in-zone eligible with a 85 percent promotion opportunity for in-zone commanders; 372 total eligible (above, in and below zone).

-- Dental Corps: 23 in-zone eligible with a 70 percent promotion opportunity for in-zone commanders; 164 total eligible (above, in and below zone).

-- Medical Service Corps: 46 in-zone eligible with a 50 percent promotion opportunity for in-zone commanders; 185 total eligible (above, in and below zone).

-- Nurse Corps: 40 in-zone eligible with a 50 percent promotion opportunity for in-zone commanders; 131 total eligible (above, in and below zone).

In the 11 March 1996 issue of Navy Times, information concerning percentages was misleading.

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HEADLINE: Naval Medical Clinic Gets Jump on Nutrition Month

NMCL New Orleans, LA (NSMN) -- On 23 February, Naval Medical Clinic New Orleans held its annual Nutrition Booth at the Naval Support Activity commissary to better serve area customers.

In celebration of National Nutrition Month, the clinic's Health Promotion Team took customers' blood pressure and answered questions about nutrition and diet. The Nutrition Booth also featured an automatically timed slide presentation that provided customers additional information. "This is lots of good information for myself and I am taking extra handouts to my grandchildren," said LtCol Charles S. Brown, USMC (Ret.). "Thank you for doing this at the Commissary since retirees frequent this place routinely."

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HEADLINE: Sailors in Naples Give a Hand to Children's Hospital

USNH/USNDC Naples (NSMN) -- Over the past six months, personnel from U.S. Naval Hospital Naples and U.S. Naval Dental Center Europe, in Naples, have been providing a "helping hand" to the Pausillipon Children's Hospital -- officially called U.S.L. 37. Founded in 1918 at the Villa Dini as the first Neapolitan children's hospital, U.S.L. 37 treats many terminally ill patients.

In a series of cross-cultural events, Naples-based medical and dental personnel have joined with the staff of the Children's Hospital to learn about each other's facilities, capabilities, teachings and training. The highlight of these exchanges has been several working parties benefiting U.S.L. 37, as well as parties such as an "American" hot dog cook out.

Many of the patients at the Children's Hospital are unable to leave the grounds. The next large project for the joint Italian-American work force is to create a playground for the children, where they will have the opportunity to experience the enjoyment of playing outdoors.

Funds for the improvements and events are being raised by the Medical Service Corps Officers association at U.S. Naval

Hospital Naples.

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HEADLINE: Toll-Free Info Available On TRICARE Dental Plan

UCCI Camp Hill, PA (NSMN) -- United Concordia Companies Inc. (UCCI) assumed responsibility for the TRICARE Active Duty Family Member Dental Plan from Delta Dental on 1 February 1996. During the transition period, UCCI mailed information and dental benefit booklets to all enrolled sponsors. If you are enrolled in the TRICARE Active Duty Family Member Dental Plan and have not received the dental benefit booklet, contact the UCCI customer service representatives at 1 800 866-8499, 0800-2000 Eastern time. A list of participating dentists in your area can be obtained from your local health benefits advisor.

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HEADLINE: TRICARE Questions and Answers

BUMED Washington (NSMN) -- As TRICARE comes on line across the country, beginning last year and expected to be available throughout the United States by May 1997, questions about this Department of Defense managed health care program come up. Each week, the Naval Service Medical News will include "TRICARE Questions and Answers" to answer them.

Q: What is my priority for being offered enrollment in TRICARE Prime?

A: Priority for enrollment gives preference to active duty first who will be automatically enrolled in the TRICARE Prime Program and receive most of their care in the medical treatment facility (MTF); family members of active duty second, who may voluntarily enroll in Prime, and who will, for the most part, be routinely accommodated within the MTF; and retirees, their family members and survivors third.

Q: Is there an enrollment period requirement for TRICARE Prime?

A: Enrollment is for a 12-month period for TRICARE Prime. At the end of this initial 12 consecutive month enrollment period, you must choose to continue your enrollment in Prime or choose another option that best suits your situation.

If you have questions about TRICARE you'd like answered in this column, please contact the editor (see last paragraph of this message on ways to do so).

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HEADLINE: Navy Medical Department People Involved in Operations

BUMED Washington (NSMN) -- The Navy Medical Department continues to be at the leading edge providing medical support to the Navy and Marine Corps team through deployments with the fleet and humanitarian operations. Here is the latest update on where our medical people are on assignment.

Medical forces currently on operational assignment are:

Operation Joint Endeavor

Navy Medicine is currently providing support for the NATO peacekeeping efforts in the Former Yugoslavia. A four person medical team from U.S. Naval Hospital Naples, Italy, is deployed to Zagreb, Croatia. Additionally, a Preventive Medicine Officer from EPMU-7, Naples, and a Reserve Medical Service Corps Officer (Plans, Operations, and Medical Intelligence Officer) are deployed in support of NATO Command in Stuttgart, Germany.

Operation Full Accounting

Navy General Medical Officers (GMO), Physician Assistants (PA), and Independent Duty Corpsmen (IDC) participate in this operation by volunteering to serve tours ranging from just under two weeks to two months to support the teams searching for remains of MIAs and POWs in Laos, Cambodia and Vietnam. The next mission is scheduled this summer for a GMO from Naval Hospital Newport, RI. Those who meet the qualifications and wish to volunteer may contact BUMED's HM2 Salicrup at DSN 762-3427 or commercial (202) 762-3427.

Exercise Support

MMART Four from National Naval Medical Center Bethesda, MD, returned home from a successful deployment aboard USS WASP (LHD 1), providing medical support for a Mediterranean ARG. Members of MMART Five from Naval Hospital Bremerton, WA, are deployed aboard USS BELLEAU WOOD (LHA 3) providing medical support for a WESTPAC exercise.

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HEADLINE: HEALTHWATCH: Steroid Use In Sports

NAVHOSP Jacksonville, FL (NSMN) -- Anabolic (body-building) steroids are man- (or woman) made derivatives of the male hormone testosterone. Their effects are not understood by athletes and by some physicians. Let's try to break down briefly what they do, the good, the bad, and the plain truth.

This medicine is indicated for use in treating certain anemias. It is also used for the treatment of some surgical and trauma patients, severe head injury, severe spinal cord injury, etc.

Why should this medicine appeal to athletes? Anabolic steroids can increase strength and size. This is the goal of most body-builders, right? Anabolic steroids counter the effects of cortisol, which the body produces normally. Cortisol builds in overtrained athletes and can actually cause "wasting" of muscles and negative nitrogen balance. Anabolic steroids work by stimulating the production of proteins (rich in nitrogen) in muscles. They also encourage the development of more aggressive personalities, which allows training to be more intense. The most visible results of anabolic steroids occur in those athletes that are overtrained when they start taking this medicine, those with a high enough carbohydrate/starch and protein/nitrogen diet, and those that continue to strength train. Also a "placebo"

effect is seen with similar results in those taking non-active pills who think they are taking the anabolic steroids.

So much for the good results. The bad results have filled volumes of textbooks and medical periodicals.

The results of anabolic steroids are quickly reversible, meaning that "if you don't use it (steroids), you lose it (bulk and strength)." This has led in many cases to chronic abuse.

A recent survey found 6.6 percent of all high school male seniors under age 18 to have tried or are using anabolic steroids. That's about 400,000 young adult males. It is this population, not the mass-publicized elite athlete, that makes up the most common and dangerous population.

Potential side effects can injure the male reproductive system by shrinking the testicles and messing up the production of sperm. Other effects on men and boys include acne, baldness, gynecomastia (enlarged breasts), and altered sex drive. Females on anabolic steroids develop male characteristics of clitoral enlargement, menstrual irregularity or stoppage, increased hair, increased baldness, and/or deepened voice.

The liver can be affected by an increase of normally low enzymes, meaning the liver has to work harder. If it works harder for a long time, bleeding cysts, benign tumors, or even malignant tumors can arise.

The heart can be affected with anabolic steroids. Results can include high blood pressure, strokes, heart attacks, increase of the "bad" and decrease of the "good" cholesterol levels, and inability to handle sugars normally. Immune system damage can occur, making the user prone to infection or cancer. Thyroid gland function can be changed, although the results are not fully known.

Tendon degeneration has been shown to occur in lab animals on anabolic steroids, especially those that have been exercising. Many accounts of tendon rupture in user athletes have been documented, including the triceps, hamstrings, quads and biceps.

There has even been a reported case of AIDS in a bodybuilder, attributed to sharing needles during medicine injection.

Anabolic steroids are a controlled substance, just as codeine is. Anabolic steroids are banned by the U.S. and International Olympic Committees. There are laws prohibiting this medicine unless used according to medical prescription.

There are two "routes" for this medicine: 1. by mouth 2. by injection. I propose the 3rd and "best" route: Down the drain, or -- even better -- "Just Say No."

Story by LCDR Jack Michalski, MC, Naval Hospital Jacksonville, Orthopaedic Surgeon

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3. April Calendar

National Alcohol Awareness Month "Let's Draw the Line"
(212/206-6770)

Child Abuse Prevention Month "Constructing Creative
Solutions to a Community Problem" (312/663-3520)

National Youth Sports Safety Month "The Identification of

Individual Risk Factors in Athletes" (617/449-2499)

National Occupational Therapy Month "Shaping the Environment for Independence" (301/652-2682)

National Sexually Transmitted Disease (STD) Awareness Month (919/361-8400)

Sports Eye Safety Month (1-800-331-2020)

1 April - 3 May: Annual Savings Bonds Campaign "Today's Decision, Tomorrow's Security"

1-7 April: Health Care Access Personnel Week (202/857-1125)

1-7 April: National Birth Center Week (215/234-8829)

1-7 April: Public Health Week (202/783-5550)

2 April 1948: Dental Technician Rating Established

7 April: World Health Day (202/466-5883)

5-7 April: Alcohol-free Weekend

14-20 April: National Medical Laboratory Week (312/738-4886)

21-27 April: National Organ/Tissue Donor Awareness Week (804/330-8500; in IL, 312/431-3600)

21-27 April: National Infant Immunization Week (404/639-8225)

22-26 April: Electroneurodiagnostic (END) Technologists Week (712/792-2978)

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HEADLINE: Important Dates for March from BUPERS

BUPERS Washington (NSMN) -- The Bureau of Naval Personnel is reminding Sailors of upcoming selection boards, application deadlines and other dates that are important for Navy men and women.

7 March: E-5 Advancement Exam

11 March: Judge Advocate General Targeted Augmentation Program Selection Board convenes

12 March: E-6 Advancement Exam

12 March: Active O-5 Line Selection Board convenes

13 March: Technical Nurse Warrant Officer Full Time Out of Service Training Selection Board convenes

15 March: E-5 evaluation reports due

25 March: Medical Service Corps Inservice Procurement Selection Board convenes

25 March: Reserve E-8/9 Selection Board convenes

26 March: Morning (0600-0800) and night (until 2200) detailing (Washington, DC, time)

27 March: Law Education Program Selection Board convenes

31 March: Active and TAR/Inactive CWO-4/3/2/1 Fitness

Reports due

31 March: TAR/Inactive O-2/1 Fitness Reports due

31 March: Mid-Term Evaluation Counseling for all E-8/7/4

31 March: Mid-Term Fitness Report Counseling for Inactive O-

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31 March: Mid-Term Fitness Report Counseling for TAR/Inactive O-4

Story by LT Kelly Watson, Bureau of Naval Personnel

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HEADLINE: Children & Healthcare Week is 17-23 March

ACCH Bethesda, MD (NSMN) -- Children & Healthcare Week is held annually in March to increase public and professional awareness of the special needs of children and families in health care settings.

Every day, thousands of children across North America visit hospitals, clinics or doctors' offices due to injury, illness or prevention. For a child, the hospital or doctor's office can be a big, scary, unfamiliar place. Children & Healthcare Week is an opportunity to plan activities and programs to help take the mystery and fear out of hospital and health care experiences for children. The educational theme of this year's week -- Preparation is a Partnership -- can help eliminate children's misconceptions about health care, which in turn can lead to improved physical and emotional health.

For information on how to sponsor or participate in this observance, contact the Association for the Care of Children's Health, 7910 Woodmont Ave. #300, Bethesda, MD 20814, 1 800 808-ACCH.

Story provided by the Association for the Care of Children's Health

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HEADLINE: March is Navy Nutrition Month

BUPERS Washington (NSMN) -- March is Navy Nutrition Month. This annual Navy event parallels national nutrition month awareness campaigns. The continuing theme is "Eat Right America," but this year the emphasis is on variety in food choices. Navywide efforts should be promoting a healthy breakfast and increasing our daily intake of fruits and vegetables with the slogan "Five a day the Navy way." Commanding officers and command fitness coordinators should take this opportunity to promote healthy eating as critical to achieving an appropriate weight, staying within body fat standards and improving overall health.

Nutrition information packets, which include plan of the day notes, low-fat meal guidance for Navy messes, weight reduction materials, posters and more are available upon request from the Bureau of Naval Personnel. Send a self-addressed label (all caps, no punctuation), to BUPERS, Pers-601c, 2 Navy Annex, Washington, DC 20370-6010.

Healthy eating habits are essential to ensuring a strong, fit Navy; enhancing readiness; and preventing chronic disease later in life.

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HEADLINE: President Declares March American Red Cross Month

THE WHITE HOUSE Washington (NSMN) -- President William J. Clinton signed the following presidential proclamation on 26 February 1996, declaring March 1996 American Red Cross Month.

Since its founding in 1881 by Clara Barton, the American Red Cross has brought hope and healing to citizens and communities across the country. Today, some 1.4 million trained volunteers work to fulfill the Red Cross' mission by providing relief to

disaster victims; by ensuring that our Nation has an adequate and safe blood supply; by training millions of Americans in essential lifesaving and safety techniques; and by assisting members of our Armed Forces, their families, and our distinguished veterans.

This past year, the American Red Cross has carried on its extraordinary legacy across the country and around the world. When a bomb destroyed the Alfred P. Murrah Federal Building in Oklahoma City on April 19, the Red Cross was there within minutes to assist those whose loved ones were killed in the tragic blast. After a series of record-breaking storms and hurricanes ruined houses and displaced people, the Red Cross served more than a million meals and helped victims to begin rebuilding their lives. And today, as OPERATION JOINT ENDEAVOR works to secure the peace in Bosnia, the Red Cross is facilitating emergency communications between our troops and their families at home.

The Red Cross has earned our Nation's deepest respect and appreciation for its important lifesaving and life-rebuilding work and for its countless daily efforts to promote health and safety. This month and throughout the year, let us take time to recognize this vital organization and do all we can to further its goals of preventing, preparing for, and responding to emergencies.

NOW, THEREFORE, I, WILLIAM J. CLINTON, President of the United States of America and Honorary Chairman of the American Red Cross, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim March 1996, as American Red Cross Month. I urge all the people of the United States to support Red Cross chapters nationwide by volunteering and participating in Red Cross blood drives.

Signed WILLIAM J. CLINTON

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